

Breathing techniques to relax and manage stress

Things have been difficult during the pandemic. So, we've put together this advice to help you take steps to look after your wellbeing whether you're working at home, in the office, or transitioning back to the workplace.

Diaphragmatic Breathing

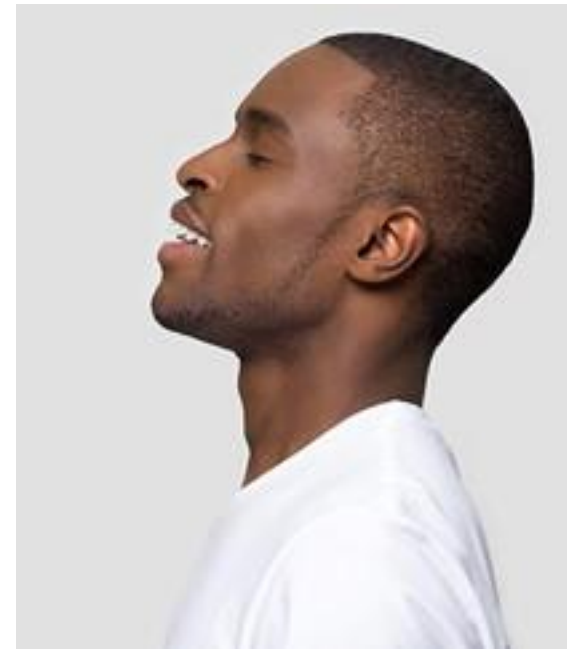
- Belly breathing can be beneficial for stress reduction. In some studies, it has resulted in improved attention, improved cortisol levels and impact
- How to do it: Inhale by expanding your abdomen and exhale slowly with your abdomen naturally pulling in

4-7-8 Breath

- This is a relaxing breath that over time can support a healthy stress response
- How to do it:
 1. Sit with a straight back and place the tip of your tongue on the tissue behind your upper front teeth
 2. Exhale through your mouth making a whooshing sound
 3. Close your mouth and inhale through your nose to the count of 4
 4. Hold your breath for a count of 7
 5. Exhale through your mouth making a whooshing sound for a count of 8
 6. Repeat this cycle 3 more times for a total of 4 cycles
 7. It is typically recommended to do this twice daily but talk to your GP about recommendations specific to you

Square Breathing

- This is a technique to calm and regulate the nervous system
 1. Sit with a straight back and slowly exhale through your mouth getting all the air out
 2. Inhale through the nose for the count of 4
 3. Hold your breath for the count of 4
 4. Exhale through the mouth for the count of 4
 5. Hold your breath for the count of 4
 6. Repeat for a total of 4 cycles



This is meant for informational and educational purposes only. Always talk to your GP about recommendations specific to you.